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ABSTRACT

The present invention relates to a method for preparing bean curd using lactic acid bacteria culture, and to a lactic acid beverage, and to a method for preparing the same. Specifically, the present invention provides

5 a method for preparing bean curd containing lactic acid by preparing bean soup using soybeans, cooling the bean soup and adding lactic acid bacteria culture to the bean soup, and the bean curd prepared according to the method, and a method for preparing a lactic acid beverage by adding syrup or fruit juice to the bean soup remaining after preparing the bean curd, and

10 the lactic acid beverage prepared according to the method.